



Disaster Resistant Times

Shenandoah Valley Project Impact

Citizen Corps Council and CERT Member Newsletter

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Winter: Are You Prepared?

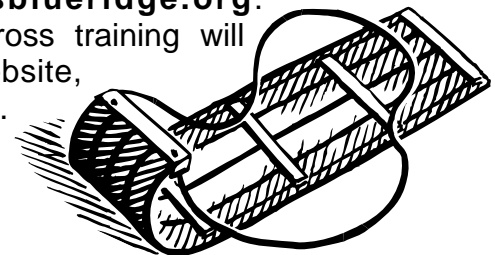
- * Dress warmly. Wear layered clothing, gloves, and a hat if you go outside.
- * Store sufficient heating fuel. Have back-up heating equipment in case the power goes out.
- * Avoid overexertion such as shoveling or walking in heavy snow.
- * Walk carefully on snowy, icy, sidewalks.
- * Make sure your gas tank is full in case of an emergency and to prevent fuel line freeze.
- * Make sure animals are kept in sheltered areas and have a water supply available.
- * Make sure to have a well-stocked disaster supply kit.
- * Wrap pipes in newspapers or insulation to prevent them from freezing.

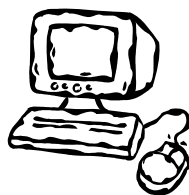
Advanced CERT Training Held In November

On November 6, 2007, CERT members attended an advanced training on deaf culture and emergency sign-language presented by CERT member, Alice Frick. Alice discussed with the group ways to be helpful to someone who is deaf or hard of hearing during an emergency or disaster. She also taught the CERT members the sign language alphabet and some basic signs. Alice's husband, Wayne, showed the group different types of technology and equipment that assist people who are deaf in their daily lives. It was an enjoyable evening and the CERT members learned so much. **Thank you Alice and Wayne for being such wonderful instructors!**

Red Cross To Offer Training

This winter the American Red Cross of the Blue Ridge chapter will be offering the class, **"Fulfilling Our Mission: Transforming Your Compassion Into Community Action."** This class introduces potential and current disaster volunteers and members of other local agencies to the role of the Red Cross in the community's actions in preparing for, responding to, and recovering from emergencies and disasters. The course will enable individual volunteers to translate their care and compassion for their community into action and provide information to other community agencies on Red Cross work and possible partnership in preparation for and response to a disaster. The class will be held on Thursday, January 10, 2008, in Lexington. The class will also be offered twice in Staunton on Wednesday, January 16, and on Thursday, March 13. Class will be held from 6:00 p.m. - 9:30 p.m. each night. To sign-up for this class or other classes the Red Cross will be offering this winter, call the chapter office at **540-886-9151** or send an email to jsiegel@redcrossblueridge.org. Information about Red Cross training will also be on their website, www.redcrossblueridge.org.





Winter Preparedness Websites

www.ready.gov/america/beinformed/winter.html

www.Fema.gov/hazard/winter

www.weather.gov/om/winter

www.vaemergency.com/threats/winter

www.bt.cdc.gov/disasters/winter

organizedhome.com/winter-preparedness-checklist



Ready Virginia's 2008 Public Outreach Campaigns

March 18:

Tornado Preparedness Day

May 25 - 31:

National Hurricane Preparedness Week

September:

National Preparedness Month

October:

Fire Prevention Month

November 30 -

December 6:

Winter Preparedness Week

Don't Wait - Resolve To Be Ready In 2008

This New Year's Eve, nearly 50 percent of Americans will make at least one resolution as they look toward the New Year. This year, make a resolution that is important and easy to keep: preparing for emergencies. In a recent national survey, 91% of Americans agreed taking some simple steps to prepare could help protect themselves and their families in the event of an emergency but only 54% had taken at least one of the **three steps needed to prepare; 1. putting together an emergency supply kit, 2. making a family emergency plan, and 3. being informed about the different types of emergencies and how to respond to them.** Visit the website www.ready.gov or call **1-880-Be-Ready** to learn how to prepare and to obtain free preparedness materials. "Resolve to be Ready" is an effort by the national Ready campaign. The Ready campaign is designed to educate and empower Americans to prepare for and respond to emergencies including natural disasters and potential terrorist attacks.



Low Impact Development in the City of Staunton

As part of a focus on improving water quality in the City of Staunton, City staff have completed a demonstration project that shows its residents how they can reduce the volume of stormwater and its potential pollutants that comes from their property. Funded in part by a grant from Department of Conservation and Recreation's Water Quality Improvement Fund, the City has created three facilities that demonstrate a low impact development (LID) technique called bioretention that collects and treats stormwater runoff to reduce levels of metals, sediment, nitrogen, phosphorous, and other pollutants before it is released into city streams and stormwater collection systems.

Sites were selected and designed with assistance from Engineering Concepts, Inc. The sites were selected for their pollutant load and accessibility and visibility to the public. The bioretention filter at Bessie Weller Elementary School was selected as an opportunity to involve the students and treat runoff from a 35,000-square-foot parking lot. The bioretention filter at the popular Gypsy Hill Park is in the yard of the municipal building near the park entrance. This site will be a highly visible demonstration of an LID facility to treat runoff of a 3,000-square-foot impervious surface. The rain garden at Montgomery Hall Park will treat 1,969 square feet of impervious surface.



Gypsy Hill Park



Bessie Weller Elementary